

## City of Loma Linda Community Garden

25340 Van Leuven Street

All Loma Linda residents are eligible to have their own garden plot at the Loma Linda Community Garden.

- The gardener participation fee is \$20.00 refundable
- Each garden site is 12' x 8' in size
- Water is supplied by the City at no cost
- Garden tools are provided for your use, and are kept in the garden shed
- Free garden workshops and monthly newsletters
- Spring/Summer season is from April 1st to September 31st and the Fall/Winter season is from October 1st to March 31st

For additional information check out the garden on the City website at:  
[www.lomalinda-ca.gov](http://www.lomalinda-ca.gov) or contact  
Paige Parker at: (909) 799-2800 ext. 514 or  
Joanne Heilman at: (909) 799-2812



City of Loma Linda  
Administrative Office  
25541 Barton Road  
Phone: 909-799-2810  
[www.lomalinda-ca.gov](http://www.lomalinda-ca.gov)



Brochure design by: Paige Parker



## Get the Gardening Bug: A resource for Seniors in the City of Loma Linda



"No occupation is as  
delightful to me as  
the culture of the earth,  
and no culture  
comparable to that of  
the garden.  
I am still devoted to the  
garden. But though  
an old man,  
I am but a young  
gardener."  
~Thomas Jefferson



## What Can Community Gardening Do for You?

Supplies you with fresh, safe, herbs, fruits and vegetables

Gives you opportunities to learn about growing your own food, composting, and canning

Gets you out of the house for some fresh air and fun

Provides an excellent way to exercise

Brings you closer to nature

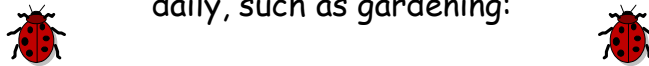
Brings people to a common safe place where they can share information and learn from one other



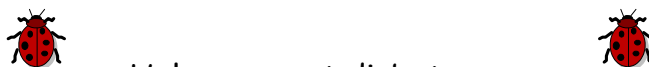
## Health Benefits of Gardening



Recent research indicates that 30 minutes of moderate exercise daily, such as gardening:



- Lowers blood pressure and reduces cholesterol levels



- Helps prevent diabetes



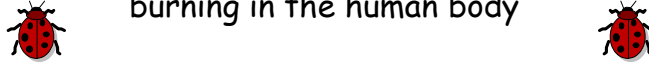
- Helps prevent heart disease



- Prevents or slows osteoporosis



- Gardening uses all major muscle groups—the muscles that do most of the calorie burning in the human body



- Helps fight anxiety and depression



- Helps one relax and feel less tense



- Improves the ability to fall asleep quickly and sleep well



## Gardening Activities for Seniors:

### Gardening Clubs

Gardening Clubs cultivate responsible gardeners, provide a means for gathering and disseminating knowledge about gardening, harvest friendships, and contribute service to the community.

### Monthly Workshops

Workshops are a great way to learn gardening and watering techniques, nutrition information, and also a great way to meet with fellow gardeners.

### Recipe Exchange

Recipe exchanges are a great way to share a favorite recipe and also to learn new recipes.

### Vegetable Exchange

Vegetable exchanges offer gardeners the opportunity to exchange produce with fellow gardeners.